**Healthy Recipe of the Month: July 2009**

**Chicken Cacciatore over Fresh Polenta**

This is a marvelous, relatively easy recipe, full of vegetables and therefore antioxidants! It’s a great summer recipe as you can use fresh basil, garden grown tomatoes and green beans. If you want to save time, serve it over pasta. Or you can find cooked polenta packaged in cylinders in the Italian section of the supermarket. Just slice it up, brush the rounds lightly with olive oil and sauté them briefly in a skillet. Serve the cacciatore over the rounds of polenta.

Let us know if you try out this recipe and let us know what you think!

*Recipe submitted by: Jodi Charvoz, MEd, RD, ACE*

*Recipe from: Jodi’s Home Recipes*

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size (478g)</th>
<th>Servings Per Container</th>
</tr>
</thead>
<tbody>
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</tbody>
</table>

**Amount Per Serving**

- Calories: 350
- Calories from Fat: 110
- % Daily Value:
  - Total Fat: 17%
  - Saturated Fat: 23%
  - Trans Fat: 0%
  - Cholesterol: 30%
  - Sodium: 55%
  - Total Carbohydrate: 8%
  - Dietary Fiber: 24%
  - Sugars: 13%
  - Protein: 39g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories per gram:</th>
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<tbody>
<tr>
<td>Fat: 9g</td>
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<tr>
<td>Carbohydrate: 4g</td>
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<tr>
<td>Protein: 4g</td>
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</tbody>
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**My Recipe Notes:**

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**Chicken Cacciatore over Fresh Polenta**

Serves: 4  
Cook time: 45 minutes  
Ready in 60 minutes

**Ingredients**

**Chicken Cacciatore**
- 4 chicken breast halves
- 2 teaspoons olive oil
- 1 sweet or yellow onion, peeled and chopped
- 3 carrots, peeled and chopped
- 8 ounces of sliced Crimini (brown) mushrooms
- ½ pound of fresh green beans, trimmed and cut into 1 inch pieces
- 2 cloves of garlic, peeled and minced
- 1 can (14 ½ oz.) diced tomatoes with juice or 2 cups peeled, seeded chopped fresh garden tomatoes with their juice.
- 1 can (8oz.) tomato sauce
- 2 tablespoons fresh basil chopped or 1 tsp. dried basil
- Salt and pepper to taste
- Chopped parsley, freshly grated Parmesan cheese

**Polenta**
- 4 cups of water or chicken stock, fat free
- ½ teaspoon salt
- 1/8 teaspoon pepper
- ¼ cup yellow cornmeal or polenta (not quick-cooking)
- ¼ cup finely grated Parmesan cheese
- 1 tablespoon olive oil

**Directions**

**Chicken Cacciatore**
1. Pour olive oil into a deep, large skillet that has a lid.
2. Heat oil over high heat, when it is hot add chicken and cook on both sides until nicely browned, about 6 to 8 minutes total (chicken does not need to be cooked through). Set chicken breasts aside.
3. Add onion, carrots, mushrooms, green beans and garlic to pan, stir often until onions are translucent, and carrots and green beans are slightly tender.
4. Add tomatoes with juice, tomato sauce, basil, and the chicken with its juices.
5. Make sure the chicken pieces are covered with the vegetables and sauce.
6. Bring to a simmer, cover with the lid, reduce heat to low and let simmer until chicken is cooked through (about 15 to 20 minutes depending on thickness of the chicken breasts).
7. Cut into thickest part of a chicken breast to test for doneness (165°F). Season to taste with salt and pepper as desired. Serve over polenta or pasta.

**Polenta**
1. In a large saucepan, bring 4 cups of water, salt and pepper to a boil over high heat. Whisking constantly, very gradually add the cornmeal in a thin stream, whisking until smooth before adding more.
2. Reduce the heat to medium-low; simmer, whisking often, until thickened, 10 to 15 minutes.
3. Remove from the heat; stir in the cheese and olive oil until smooth.
4. Spoon polenta immediately onto plate or wide bowl; top it with the chicken cacciatore.
5. Sprinkle with chopped parsley and freshly grated Parmesan cheese as desired.